Adult Preventive Care
Flow Sheet

PUT PREVENTION INTO PRACTICE

Name _____

Clinician _____

ID or S.S. # _____

Sex M____ F____   D.O.B. _____

Circle if counseling needed and/or action to be taken.

1. Weight	12. Tuberculosis
2. Blood Pressure	13. Diabetes
3. Cholesterol	14. Smoking
4. Immunizations	15. Physical Activity
5. Oral Health Care	16. Nutrition
6. Breast Cancer/BSE	17. Safety
7. Mammogram	18. Family Planning
8. Pap Test	19. Alcohol and Drug Use
9. Testicular Exam	20. _____
10. Skin Exam	21. _____
11. STD/HIV	22. _____

Counseling provided (enter number of risk factor from list at left)

Returned with Personal Health Guide				
Year				
Age				
Date				
Type(s)				
Date				
Type(s)				
Date				
Type(s)				
Date				
Type(s)				

Suggested Result Codes: O = Ordered   N = Result Normal   A = Result Abnormal   R = Refused   E = Done Elsewhere

Examination/Test   Schedule

Examination/Test	Schedule					
1. WT / HT	annually	Date	☐	☐	☐	☐
		Result				
2. Blood Pressure	q. 2 yrs. if < 130/85 (it is strongly encouraged to measure at q. clinic visit)	Date	☐	☐	☐	☐
		Result				
3. Cholesterol	q. 5 yrs. for age ž 20 if last screen normal / q. yr. if previous abnormal	Date	☐	☐	☐	☐
		Result				
4. Breast Exam	q. 3 yrs. age 20-39 / q. yr. ž age 40	Date	☐	☐	☐	☐
		Result				
5. Oral Exam	1. 1 yr. if at risk	Date	☐	☐	☐	☐
		Result				
6. Mammogram	q. 1-2 yrs. for women age 40-49 / q. yr. for women age ž 50	Date	☐	☐	☐	☐
		Result				
7. Pap Smear	Annual at onset of sexual activity. If 3 or more satisfactory normal annual exams, may be performed q. 1-3 yrs.	Date	☐	☐	☐	☐
		Result				
8. Testicular Exam	Clinician's discretion	Date	☐	☐	☐	☐
		Result				
9. Skin Exam	q. 1 yr. if at risk	Date	☐	☐	☐	☐
		Result				
10. Plasma Glucose	q. 3 yrs. (or more frequently, at the discretion of the clinician)	Date	☐	☐	☐	☐
		Result				
		Date	☐	☐	☐	☐
		Result				

Immunizations

Tetanus-diphtheria	q. 10 yrs.	Date	☐	☐	☐	☐
Pneumococcal	> 65 yrs.	Date	☐	☐	☐	☐
Influenza	q. yr. > 65 yrs.	Date	☐	☐	☐	☐
P.P.D.	clinician's discretion	Date	☐	☐	☐	☐

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